



# JULY 2017 HEARTY MENU



PROVIDED BY BARRY COUNTY COMMISSION ON AGING 269 948-4856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Sweet & Sour Meatballs Brown Rice Cauliflower Mixed Vegetables Apple	 <b>ALL SITES CLOSED</b>  <b>INDEPENDENCE DAY</b>  <b>No Meal Delivery</b>	Hot Dog Corn Peas Bun Orange	Potato Crunch Pollock Roasted Red Potatoes Mixed Vegetables Banana Animal Crackers	Sliced Ham Sweet Potatoes Corn Fruit & Grain Bar Fruit Cup
10	11	12	13	14
Roast Turkey Stuffing Mashed Potatoes & Gravy Peas Orange	Hamburger Baked Beans Broccoli Bun Fruit Cup	Alaskan Stuffed Salmon w/Dill Sauce Baked Potato Broccoli Dinner Roll Banana	Macaroni & Cheese Peas Cauliflower Apple	Swiss Steak Mashed Potatoes & Gravy Southern Greens Cornbread Orange
17	18	19	20	21
Baked Chicken Thigh Stuffing Mashed Potatoes & Gravy Malibu Blend Vegetables Raisins	Tuna Noodle Casserole Sweet Potatoes Corn Orange Fruit & Grain Bar	Beef Burrito in Sauce Fiesta Corn Applesauce	Chicken Tenders Roasted Red Potatoes Green Beans Banana Animal Crackers	Country Fried Steak Mashed Potatoes & Gravy Malibu Blend Vegetables Dinner Roll Apple
24	25	26	27	28
Roast Beef Mashed Potatoes & Gravy Broccoli Dinner Roll Orange	Citrus Salmon Baked Potato Green Beans Apple Cookie	Roast Pork with Gravy Baked Potato Malibu Blend Vegetables Dinner Roll Orange	Homestyle Chicken & Noodles Sweet Potatoes Green Beans Fruit Punch	Salisbury Steak with Gravy Baked Potato Green Beans Dinner Roll Applesauce
31				
Grilled Chicken Breast Baked Potato Brussels Sprouts Apple Fruit & Grain Bar		<b>Your donation helps us feed more seniors!</b>  <b>948-4856</b>		